



Meet Conestoga's new CSI VP

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Monday, April 5, 2004

Conestoga College, Kitchener

36th Year — No. 13

Exercise, nutrition and health

Nursing students display information and tips at annual health fair

By KRISTEN MCMURPHY

On March 24 and 25, Conestoga College students had the opportunity to pick up some valuable information about various health-related topics.

Participating in Conestoga's Health Fair is a course requirement for students in the Conestoga-McMaster bachelor of science in nursing program.

The students presented displays on topics such as exercise, nutrition, stress, and sexually transmitted diseases. All subjects that were displayed related to program-related research and students worked on the displays for most of this semester.

The displays were set up throughout the main level of the college and in the cafeteria.

The students researched their topics thoroughly to ensure they could answer any questions that were directed their way. Most displays provided pamphlets and



(Photo by Kristen McMurphy)

Nursing students presented their health fair displays at the college on March 24 and 25.

additional information that students could take home to read, and some even gave out free product samples.

Beverly Thompson presented a display at the health fair with a fellow student.

"We chose to do our exhibit on sun safety because we feel this age group is more apt to conform to society's idea that 'tanned is better' and they need to be informed about it," Thompson says.

Several students who were presenting a display on alcohol consumption were pleased that Conestoga students took interest in their project.

"People have been pretty receptive to our display," one student says. "We have a survey for students to fill out based on the information provided and they get a free beverage. If they answer it correctly it demonstrates that learning is taking place and that's the main goal."

Warm weather brings UV rays — protect yourself

By KRISTEN MCMURPHY

Skin cancer caused by real or artificial tanning isn't being taken seriously.

With hot summer days just ahead, people will be wearing less clothing, showing more skin and increasing their chances of developing skin cancer in the future.

Information provided by the Waterloo Cancer Prevention Program stresses that there is no safe way to tan. A common myth is that artificial tanning beds are safer than tanning in the sun. In reality, tanning beds give off cancer-causing ultraviolet (UV) rays that are

up to five times as potent as the natural sun.

Skin gets tanned when a substance in the skin, called melanin, turns dark after exposure to UV rays. When skin turns darker, it's a sign that damage has been done. Although anyone's skin can be damaged by exposure to UV radiation, people with blonde or red hair, fair skin, blue eyes and freckles are most susceptible.

It's a well-known fact that getting a sunburn or tan can lead to cancer, but the facts aren't enough to convince some people.

"It's relaxing and I think I look better when I'm tanned," says Kira

Girard, 21, a second-year nursing student at Conestoga College. In the winter she tans weekly in a tanning bed.

"I figure in the winter it's OK because I don't get a lot of sun," Girard says. "I don't want to look older than I am because of tanning though."

Jean-Luc Perreault, a 20-year-old police foundations student in his second year, says he used to tan in a tanning bed and only stopped recently because of his hectic work schedule. He admits he was never concerned about the health risks involved.

"I wanted to look good and I'll

probably die before I die of natural causes, probably on a motorcycle or something," Perreault says.

Cheryl Daniells, 24, a second-year construction engineering technology student, doesn't mind soaking up some rays on the beach but she stays away from tanning beds.

"I don't feel the need to give myself more cancer than I can get naturally from the sun," Daniells says.

"I've heard a lot of things about skin cancer and tanning beds and I don't think I want to put myself through that," says Sarah Fuaireing, 19, a first-year nursing student at Conestoga. She says she's also

heard enough stories about bacteria in tanning beds to convince her to stay away from them.

Tanning fanatics are advised to use eye goggles to prevent eye damage such as cataracts, which can be caused by UV rays. It's also important to look into medications, cosmetics and lotions that can cause skin reactions when exposed to UV rays and to monitor moles or sores that do not heal.

The safest bet to prevent skin cancer is to wear a sunscreen with an SPF of at least 15, avoid prolonged sun exposure between 11 a.m. and 4 p.m., and wear protective clothing.



(Photo by James Clark)

Waiting for the word

Students line up outside the college on March 24 during a fire drill, and wait for the all clear. At least the weather was warmer this time around.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

Do you have a lucky charm or ritual to help you through exams?



"I kiss my lottery clover. I passed my psych test and I've won the lottery twice."

Allisha Buuck

"I wear a snake ring. To me it means health and good luck. The one day I didn't wear it for a test, I didn't pass."

Christy Martin



"Drinking obscene amounts of coffee helps."

Connar Geraghty



"I've brought a little good-luck troll into the exam before."

Joey Wilson

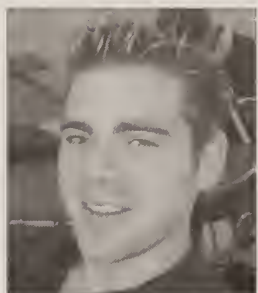


"I usually use the same pen for every exam. The pen I study with is the pen I write the exam with. I'm afraid if I used a different pen I'd do badly."

Lisa Baptic

"I have a specific shirt I always wear for tests."

Nizar Abboud



"I always use the same pen. The 83 per cent pen! I've never written a less than 83 per cent test with that pen in the last two years."

Warren Barnett

Smile Conestoga, you could be our next respondent!

10 ways to save \$\$\$

By JASON MIDDLETON

So you are down to the last few weeks of school.

Your credit card is almost maxed out and your OSAP money has vanished.

The question is: How do you afford food?

This is a problem that many college and university students face at year's end.

Many people resort to eating Kraft Dinner, Mr. Noodles and peanut butter and jelly sandwiches day after day or you scrounge up enough money to buy lunch at school.

Here's a guide to help avoid becoming addicted to KD or peanut butter and jelly sandwiches. These 10 ideas may not cure your hunger or put more money in your bank account, but they may help make the rest of the year easier on your wallet and stomach.

Make a list

If you need to visit a grocery store make a list. It's that simple. Think of the items you absolutely need like bread, milk, cereal, etc., and eliminate things you don't, like candy, pop, cookies and chips.

Plan meals ahead of time and think about what products you will need to make it. When you are at the store make sure you do not pressure shop.

Shop around

The truth about grocery stores is that they're like gas stations. Some weeks you'll get a good price on an item and other weeks the price will skyrocket. When you go shopping for groceries make sure you price compare.

If you normally shop at stores like Zehrs and Sobey's check out Food Basics or Price Chopper, even though the no frills stores often get slagged for not having the freshest produce.

However, they sometimes have

low prices on boxed and canned items.

At Zehrs a two-litre bottle of Heinz ketchup costs \$3.19 compared to \$2.77 at Food Basics.

Go home

Sometimes a visit home is the best idea when you're strapped for cash and looking for food.

If you are lucky your mom will make a nice home-cooked meal for you and you'll be able to take the leftovers. That is, if there are any leftovers. Sometimes you don't realize how much you miss home-cooked meals until you have one.

While you are at home make sure you ask your parents if you can stop at the grocery store on the way back to your apartment. Your parents will say yes and will probably pay for whatever groceries you need.

Pizza, pizza and more pizza

A quick look in the Yellow Pages will land you about 100 places where you can buy pizza.

Forget the normal Pizza Pizza, Dominoes and Pizza Hut listings. Look for the smaller places. Often, they have two-for-one deals that not only help your bank book but your stomach as well.

The good thing about pizza is that you can eat it for breakfast, lunch, supper or for a snack. Two pizzas will last longer than just one meal.

Don't eat out at school

In between classes at school you should avoid eating out or wasting money on coffee or drinks.

Meals from the school's cafeteria could cost between \$4 and \$7.

By eating out three times at school and buying two coffees you could easily spend \$25.

Instead, you should bring leftovers from your visit home, pizza from the night before or even a Michelin's dinner or microwaveable burrito.

Leftovers

When you put the time into mak-

ing something substantial for supper why not make a little more for the next day.

Food like spaghetti, stir-fries and rice all make great leftover meals.

However, it's important to remember that you are making the extra food for leftovers and not to overeat.

Find student discounts

Stores often give discounts to students if they show a valid student card. The Pita Pit at 589 Fairway Rd. S. offers Conestoga College students a 10 per cent discount on Tuesdays.

M&M Meat Shops at 585 Doon Village Rd. offers students a five per cent discount on anything in the store. Students should also get a free membership in their Max club, which offers deals on many products including \$5 off chicken strips and \$2 off chicken nuggets.

Avoid eating out

Eating out at night is different than eating out at school. By the time you get to the fast-food restaurant of your choice, you could have probably made a half-decent meal yourself. Don't forget that you'll probably regret getting your combo super-duper sized when you see what those extra fries will do to your thighs.

Again, if you were to estimate the cost of eating out three or four times a week the price could easily reach \$30.

If you do eat out at your favourite restaurant, get the deal, or at least smaller portions of food to limit your costs.

There's always next year

Next year make sure you manage your money so you do not end up eating baked beans at the end of the year. I mean hotdogs are good once in a while but when you're eating them for a week straight they get really gross.

Make sure next year you mix eating out with a healthy amount of home cooking.



(Photo by Nick Horton)

Hot diggity!

Lisa Sestito practises her lifelong dream of being a hotdog vendor at OT's bar in the rec centre on March 28.

Business faculty honoured

By JAMES CLARK

Approximately 50 people, ranging from students to President John Tibbits, attended the annual disability services award presentation March 22.

Each year a student with a disability honours a faculty member or fellow student for helping make the student's school life just a little bit easier.

This year the event had a bit of a twist. Both Marty West, a business administration accounting student, and Terry Morneau, a general business student, honoured the entire faculty of their programs.

Marian Mainland, the co-ordinator of disability services at Conestoga College, said the disabilities office allowed two stu-

dents to honour their program's faculty because they felt each faculty member played an equally important role during their school year.

"We have a lot of people to thank," said Mainland. "The students have a lot of people to thank. This is their chance for an independent life."

Mainland said the teachers regularly give Morneau and West notes and copies of overheads prior to class so the students can follow the course content.

Mark Zlomislic, Morneau's critical thinking skills teacher, says it is a pleasure to have him in his class.

"He comes to each class prepared," said Zlomislic. "The quality of his assignments are excellent."

Morneau said his classes aren't

difficult and his classmates are helpful.

"A vast majority of people at Conestoga College are a lot more mature than I thought they would be," said Morneau.

He presented a plaque to Denise Leveille, one of the students who has helped him throughout the year.

"It's great having him in the class," said Leveille. "He talks when nobody knows the answer. It gets us off the hook."

Leveille works with Morneau when the class has to do group projects. She said he comes up with a lot of good ideas.

Because of health reasons West could not attend the ceremony. His letters of appreciation were handed out on his behalf by his educational assistant, Mary Reiger.



(Photo by James Clark)

Terry Morneau, a general business student, (right), stands with Denise Leveille, a fellow student, after the disability services award ceremony March 22. Morneau presented Leveille with a plaque for helping him throughout the year.

Parents seek justice for slain Cecilia

By CARLA KOWALYK

The search for a nine-year-old Toronto girl is over and the hunt for her killer or killers begins.

Last week police identified remains found by a hiker in some Mississauga woods near a church parking lot as those of Cecilia Zhang - just a few days before Cecilia's 10th birthday on March 30.

Cecilia, who was described by family and friends in many TV interviews as a gifted Grade 4 student, was taken from her home in northeast Toronto just five months ago.

When her mother went to wake her for school one morning, Cecilia was gone.

Police immediately put out an Amber Alert for the missing child, broadcasting her picture and information. Police then turned to America's Most Wanted to hopefully bring the girl back home to her family safely.

But it wasn't to be.

"We are devastated and in anguish to know that our angel daughter Cecilia has departed this

life," the family said in a statement to the public, read by lawyer Jeffrey House according to a March 29 article in The Brantford Expositor. "We commend her soul to God in heaven where we know she now resides."

Jessica Wismer, a second-year marketing student, said she now looks out for her little sister more than ever because of the disappearance of Cecilia.

"I would never want to see something that bad happen to my sister," the 19-year-old said. "Losing someone that close to you would be absolutely devastating and I can only imagine how the family is feeling right now."

Wismer suggested that whoever kidnapped and murdered Cecilia was very sick.

"I think that people who would do such a thing have some serious issues with themselves," she said.

Victoria Donald, a second-year environmental studies student the University of Waterloo, agrees with Wismer.

"It's just unthinkable that someone could ruin the life of an innocent girl and those who love her,

and do it with no remorse," the 20-year-old said. "It's sad that in today's society it's becoming more and more common."

The statement released by Cecilia's family thanked the police and community for helping to try and find Cecilia, but they hope for continued support in finding the guilty party or parties.

"We hope those who took Cecilia from us will soon be captured and be judged as they deserve."

Toronto's Police Chief Julian Fantino said they will try and help make that request reality. They told The Canadian Press in a March 29 article in The Brantford Expositor, that the police force would not stop until they bring Cecilia's killer or killers to justice.

While police start the hunt for the person or persons responsible for Cecilia's kidnapping and murder, her family hopes that other families will learn that life and children should be something that you cherish.

"We ask all of you to treasure your children," the statement read, "every single day."

Sanctuary will become red hot Hawaiian beach

By JASON SMITH

It's time to pull those grass skirts, sandals and Hawaiian shirts back out of the closet.

Want to forget about those winter blues and welcome the fun and sun back into your college life?

If so, Conestoga Students Inc. (CSI) has exactly what you need.

It's the last chance luau and will emanate live from the Sanctuary on Thursday night.

The Sanctuary will almost literally be turned upside down, as beach sand will fill the floor and a summer-like buzz will fill the air.

CSI hopes to attract a good crowd of students to the event, which will include a pig roast, loud music, booze and maybe even a chance to get "leid."

So what could possibly make the night even better? Admission? Free. The 120 pounds of pig available to everyone in attendance? Completely free. All cour-

tesy of CSI.

The party will begin at 9 p.m., coincidentally the same time the Sanctuary bar will open.

Uprock Entertainment, the same company hired for CSI's Halloween event, will be on hand to DJ for the night.

It may be the last chance to make your way to the Sanctuary this year and is shaping up to be a great, free time.

Ethan Miller, CSI vice-president of student activities, did his best to sum up the special occasion in an e-mail to Spoke.

"With the pig roast and beach sand, it will be a night, plenty grand. I can hear the students loud and screaming, and all the music - or am I dreaming? People flooding through the door, people crying 'I want more!' With all this talk of term end strife, Thursday night will dull the knife. So will the students come and dance? Perhaps not, but still ... last chance!"

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Federal budget fails to tackle real issues

While the federal budget, released March 23, made some provisions for education, particularly for low-income families, it just isn't enough.

CBC news online says some of the new government initiatives include the Canada Learning Bond. The bond could provide up to \$2,000 in savings for post-secondary education. At a child's birth the government would provide an initial \$500 learning bond and each subsequent year families could qualify for up to \$100 for 15 years. The bond will be accessible to those families who make less than \$35,000, with the money being paid into an RESP.

Other provisions include new grants of up to \$3,000 for first-year, post-secondary students from low-income families and an annual grant of up to \$2,000 for post-secondary students with disabilities. The federal government has also increased the limit on Canada Student Loans to \$210 per week from \$165 and has implemented an increase in the maximum debt reduction for "students facing hardship" to \$26,000 from \$20,000.

Despite the initiatives, the national director of the Canadian Alliance of Student Associations told the CBC that Finance Minister Ralph Goodale's budget is incomplete. "We needed to see an increase of at least \$4 billion annually to post-secondary education through a dedicated transfer payment to the provinces," James Kusie said.

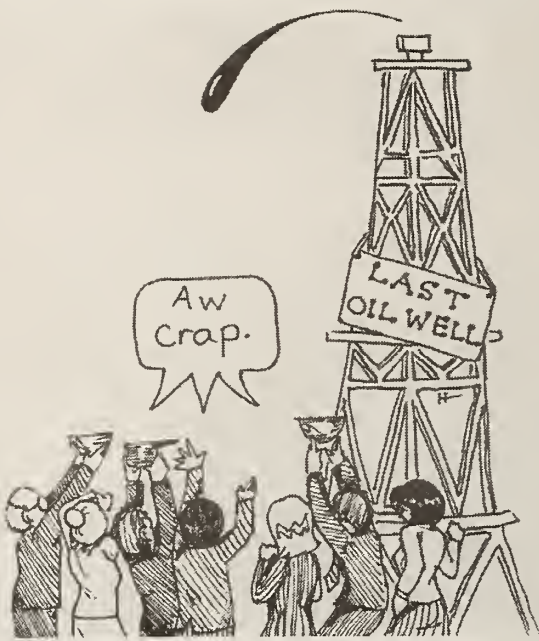
Kusie compared the efforts of the budget to help low-income families pay for increased tuition costs to giving them \$400 to buy a Mercedes.

Once again, the federal budget seems to have implemented a policy full of stop-gap measures to alleviate some of the symptoms of our cash-strapped country, instead of addressing some of the root problems of Canada's post-secondary education.

Crumbling infrastructure, decreasing accessibility, and rapidly rising tuition costs were once again ignored.

On March 30, the Toronto Transit Commission's chief general manager, Rick Ducharme, said on the CBC's Canada Now that the TTC has been plagued by poor political decisions for years that has led to its current poor financial state. He said that Toronto needs a vision.

His remarks ring true for our education system as well. Canada needs a vision; a grand design full of fresh ideas to implement change and working solutions to help the Canadian public. Only then will the government address the root problems of Canadian society.



The not-too-distant future....

It's time to open your eyes

By VALENTINA RAPOPORT



Valentina Rapoport
Opinion

While you are reading this article there are five million people in Africa dying due to poor water access.

For many North Americans, it's a fact that seems too distant to care about. It's time to open our eyes. The biggest challenge for humans today is to accept the fact that we must curb our appetite for consumption.

Now, in the 21st century, a global water crisis is looming. According to the United Nations, 1.3 billion people in the world today lack access to clean water while 2.5 billion do not have adequate sewage and sanitation. More than 31 countries are considered to be in water stressed areas. Worldwide demand for water is doubling every 20 years, twice the rate of population growth. By the year 2025, demand for fresh water is expected to outstrip global supply by 56 per cent.

It doesn't stop with our consumption of water either. Geologists are predicting a full-blown oil crisis by 2030-2050. According to www.lifeaftertheoilcrash.net, our current society depends on oil so

much that biologists say this could result in the death of 90 per cent of the world's population. Aside from making gasoline, home heating and diesel fuel, 90 per cent of all our organic chemicals use oil. That includes pharmaceuticals, agricultural products, plastics, fabrics and more. Oil consumption in America alone is 20 million barrels each day.

We are dealing with a cultural problem — one of greed. As the world's population increases, we seem to care more about the little things that won't matter when we no longer have environmental resources.

Yet we continue to take what we want, including our forests.

According to David Suzuki's website, www.davidsuzuki.org, in Canada alone, since 2001, there have been 227 different clear-cutting operations. In all cases,

between 80 to 100 per cent of the trees have been cut down. This leaves little chance of survival for habitat and species that depend on old-growth forests. Rain forests are home to more than 50 per cent of the world's plants and animal species. They supply the ingredients for 25 per cent of our prescription drugs and provide 40 per cent of the world's oxygen. Each day 115 square miles of rain forest are destroyed.

It's not a secret that our habits have to change. Be aware of your water consumption, it's not something to take for granted. Contact your local MP about clear-cutting and oil consumption issues. But most important of all, educate yourself. We can't continue to turn a blind eye to a problem so big that when it affects you directly, it will be too late.

In a world with such a wide global gap, we are lucky. We are among the richest nations and we have the chance to voice our opinions. It's time to break our dirty habits and look at the big picture. Let's have something to be proud of when our children ask us about the sacrifices we made for them.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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Energizing the environment

By JASON MIDDLETON

We all know that battery companies like to think their products last a really long time, but we all know eventually the battery will die.

So, what happens to the battery next is up to us. We'll either throw it in a desk drawer and hope it will magically regain power or we will throw it into the trash.

Which is better?

Neither, according to Susan Antler of the Rechargeable Battery Recycling Corporation (RBRC).

Antler says that with rechargeable batteries you should think of recycling them.

"We find, especially with our products (rechargeable batteries), often people put them on their bookshelves and they never really throw them away at all. We call it a hoarding factor where people go on to new equipment but the old equipment holds a special place in their home," says Antler.

The RBRC is a non-profit, public service organization founded by the rechargeable power industry. Their mission is to promote the recycling of rechargeable batteries found in anything from cordless tools to laptop computers and even rechargeable household batteries that power Discmans and remote controls.

"Now the message we're trying to promote is if it's rechargeable, it's recyclable," says Antler.

The program was started in the United States but in 1997 the RBRC brought their message to Canada.

Consumers can drop off any type of rechargeable battery at a retailer affiliated with the RBRC to have them recycled.



(Photo by Jason Middleton)

When your batteries are dead, don't even think about throwing them in the trash.

Such retailers in Canada are Radio Shack, Canadian Tire, Future Shop, Sears, or Staples Business Depot.

"What should be comforting to everyone is that this is a true recycling process and the materials can be recovered, can be made into new products and, rather than wasting those resources, they can have a new life again," says Antler.

After a retailer collects a full box of used batteries, a courier picks up the box and delivers it to a collection centre in Fort Erie, Ont. When enough boxes are collected at the centre they ship the batteries to a dedicated facility for

recycling batteries in Ellwood City, Pa. The materials are then collected and the chemical mixtures are separated for use in new recyclable batteries.

Last year the RBRC collected 114,760 kg of rechargeable batteries, which is up 47 per cent from the previous year.

The RBRC also collects rechargeable batteries from the Waterloo region, which has a household hazardous waste recycling program where they collect material that should not be thrown out with normal trash.

"Look at other alternatives. Rechargeable batteries are a wonderful thing. With disposable batteries you use them one time and you throw them out," says Joe Cardoso, a waste management supervisor for the region of Waterloo.

The program, which measures their collection in litres, collected 1,530 litres of NiCad batteries in 2003.

NiCad batteries include car batteries and household batteries such as Duracell and Energizer.

Other hazardous waste the region collects at the Waterloo landfill site on Erb Street includes propane tanks, paints, solvents, expired medicine, acids and lawn chemicals.

Last year 18,478 citizens dropped off hazardous materials.

Cardoso says the electronics industry is on the right track to reducing battery waste by introducing longer-lasting batteries.

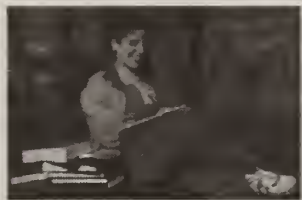
"If you look at a cellphone battery nowadays, it can be charged for up to 48 hours. That's unbelievable. Their life usage is incredible," says Cardoso.

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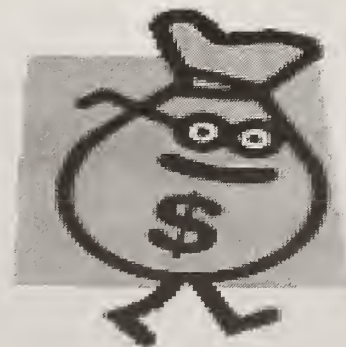
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Ingram-Cotton steps up to VP

By AIMEE WILSON

Scott Ingram-Cotton will continue to be a common face around the Conestoga Students Inc. office next year.

The third-year civil engineering student was selected March 29 as vice-president. His term runs from May 1, 2004 to April 30, 2005.

"Scott's ability is to link with students, monitor policy and be a team player," said Justin Falconer, CSI president of student activities, in a recent press release. "His service to others made him a great fit for next year's executive."

The 21-year-old has leant a helping hand to the CSI in the past, whether it be helping set up for events, putting up posters or working the door.

According to Falconer, the decision to select a vice-president, rather than have an election, was to ensure a professional and fair process. "If something goes wrong, it's my fault," said Falconer. "I want to eliminate that pigeon-hole."

The president also wanted to make sure the organization will run as smoothly and efficiently as possible. "There should be no excuse for non-performance in this organization," he said,



(Photo by Carrie Hoto)

Scott Ingram-Cotton, a third-year civil engineering student, was selected to be CSI vice-president. His term runs from March 29, 2004 to April 30, 2005.

adding, "If you do it honourably with best intentions, you'll have the best results."

After the selection was made, Falconer said he felt there could be some changes to the policy. "If

the board asked me, I'd give recommendations in improving the executive selection process," he said, adding, "You can't change the rules halfway through the game."

"I know I can be a strong team player," said Cotton-Ingram, although admitting that he was always shy in high school. "I always had a fear of failure and I knew this was the best way to conquer it," he said.

The three applicants were Ingram-Cotton, Jessica Wismer and Nelofer Ahmed, who all sat on the CSI board of directors this year, which was a requirement for any vice-president applicant.

"I believe all of us will work towards bettering CSI," said Cotton-Ingram, adding, "We always try to bring back more comments."

Falconer said he was looking for someone who had knowledge of the corporation and policies and procedures and someone who understands CSI issues.

"It was evident in the selection process that Scott had a clear understanding of the vice-president role," said Monica Himmelman, CSI-college liaison.

With Himmelman's experience in interviewing and evaluating applicants, she was asked by

Falconer to take part in the selection process.

All three applicants were graded on a 100-point scale based on the submission of a two-page resume and a one-page report on why they wanted to be vice-president instead of sitting on the board of directors. Each applicant was also asked standardized questions and marked accordingly through an interview process.

"I always had a fear of failing and I knew this was the best way to conquer it."

*Scott Ingram-Cotton,
incoming vice-president*

According to Falconer, the candidates also needed to have the ability to convey their thoughts in a persuasive manner and have the maturity and responsibility needed to build credibility.

Ingram-Cotton will work alongside Falconer next year on key issues such as a potential student centre, the possibility of a frosh week next year and a new satellite campus strategy to ensure students at all campuses are represented.



(Photo by Kristen McMurphy)

Career head start

Above, from left, Cully Kleinschmidt and Jean-Luc Perreault came to Conestoga's career fair to provide information on Brinks Security. Kleinschmidt is a Brinks ATM supervisor and Perreault, a second-year police foundations student, also works for the company.

(Photo by Valentina Rapoport)

Left, Conestoga held its career fair on March 24. Employers in attendance advertised jobs that included everything from summer camp employment to full-time positions in security as well as volunteer positions.

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For the latest college, entertainment and sports news, as well as games, puzzles, weather and reference links, visit
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Skinny Phat enjoys the lighter side of music

By DESIREE FINHERT

The crowd is patiently nursing their drinks and picking at appetizers when their attention is drawn away from the stage by a ringing cellphone.

To draw their attention back the burly six-foot-tall man at the microphone looks deep into the sea of faces.

"All pagers and cellphones are off during the Skinny Phat shows," says Mike Todd, the 24-year-old guitarist of the local band.

Todd wrinkles his nose to hit the high notes in the song Mect Virginia, by Train. His mouth almost swallowing the microphone, he closes his eyes, lifts his eyebrows and spears the notes in his upper range. His partner Ben Rollo, 22, picks out a riff on his guitar.

The two-man cover band, Skinny Phat, has been playing every Wednesday night at Paddy Flaherty's Restaurant and Pub, in Waterloo, for seven months as well as doing other gigs in Waterloo and the surrounding area.

Garred Wogan, the pub's general manager, said the band has an open contract.

"We intend to keep them on," said Wogan. "They're very good at working the crowd. They play for students and for people in the 30 to 35 range."

The duo does a variety of songs including covers of the Dave Matthews Band, the Foo Fighters, Huxley Workman and a masculine version of Alanis Morissette's Head Over Feet.

Morissette's line "you treat me like a princess," is sung in falsetto and other lyrics are altered to reflect a raunchier ballad. The band sings "horny" in the middle of Morissette's verse, "I've never felt so happy before."

The light-hearted John Mayer

ballad, Your Body is a Wonderland has a subtle romantic content, but it is altered by Skinny Phat to include hidden profanities in the soft melody.

Candice Cobbling, 22, has been a waitress at Paddy Flaherty's for a year and used to work every Wednesday night when the band was scheduled.

Cobbling, a first-year law clerk at Conestoga College, said Skinny Phat is more fun than the other live entertainers who perform at the pub.

"It's just the two of them and it's amazing what they can do," said Cobbling. "I'm so glad to be working Wednesdays again."

Rollo has been playing guitar and piano since he was six-years-old and said the cover band is just for fun.

"We wanted to make the cover band all about having a good time," said Rollo, reflecting on the band's choice to change their image.

Todd and Rollo met at Humber College while studying jazz music in a commercial music program. Rollo was studying drums and Todd was studying voice, although both men sing and play guitar as well as other instruments.

Rollo said he and Todd were put in the same 12-piece band at school and from that point their first band was formed. The Big Heavy was a four-person band based in Toronto, which broke up in May 2003.

Despite the break up of the Big Heavy, the duo, Skinny Phat, have been working relentlessly to create an image both as a cover band and now as an independent.

It was at Humber College that Todd and Rollo discussed what they should call their duo for the gig they had the following week. They were having lunch at the Greek Texan.

Todd said he was heavier then, weighing about 265 pounds and



(Photo by Desiree Finher)

Mike Todd, 24, (left) and Ben Rollo, 22, raise a glass to welcome the patrons of Paddy Flaherty's in Waterloo in this artistic shot. Their Skinny Phat show was held March 24.

that his friend might have weighed 140 pounds.

"I looked at what Ben was eating and it was a grilled cheese sandwich and I looked at what I had on my plate, which was the lunch special with everything," said Todd, laughing. "It was a giant platter of food. I just took one look at him and said, 'OK, I'll be Skinny and you'll be Phat. We'll 'p.h.-it' and it will be funny.' It was only supposed to be for one gig and then it stuck."

Skinny Phat has been a full-time job for two years. During the last 18 months Todd and Rollo have worked on writing original music and they hope to release a CD this summer under their new name Benefits of Doubt.

Rollo said the name Skinny Phat is silly and that they have a second band name because they do a comedy act as Skinny Phat. They want to be taken more seriously when

they do their original music.

"We just want there to be a line drawn between the two acts," said Rollo.

Todd said he doesn't want Skinny Phat fans to be disappointed if they come out to a show and discover the band is playing all original music.

"We want people to come out to the shows and to get what they expect," said Todd, whose father bought him his first guitar when he was 16-years-old.

The CD under the new name is approximately 75 per cent finished. The songs were recorded in a friend's basement studio and are being mixed and produced professionally.

Their original music includes Man for the Night, a song Todd wrote about picking up girls for a night and its downfall, and I Won't Be Home Tonight, a song written about the break up of the Big

Heavy.

Todd said the song, I'm So Stupid, is self-explanatory.

"I wrote it about me," said Todd, who has been singing since he was 11-years-old.

Rollo said their new music is a cross between Wide Mouth Mason and John Mayer.

"It's bluesy, acoustic, pop, rock with a little bit of funk," said Rollo, who doesn't know when the CD will come out. "We can't give you a release date because we are running out of money."

"Fast running out of money," said Todd.

To raise funds to finish their CD, Todd and Rollo will be wailing into their microphones and bending their guitar strings in a local pub. People will abandon their drinks for the dance floor and sing along to the cover band that is striving to make its own music popular.

Conestoga's convocation is one of the best

By TIM MURPHY

Convocation is an exciting time for many students, and the Alumni Association is doing its best to make the event memorable for each graduate.

According to Monica Himmelman of Alumni Affairs, Conestoga College holds one of the best ceremonies in Ontario.

"We have one of the highest turnouts in Ontario, and one of the best ceremonies as well," said Himmelman, noting that about half of potential graduates attend.

Himmelman said some colleges and universities give graduates a piece of paper they exchange for the actual diploma at a later date. She said at Conestoga you receive your actual diploma on stage, not a fake one.

Alumni volunteers will be operating a table selling film, batteries, and, as Himmelman put it,

"good will."

"If somebody's baby is crying, the volunteers will hold the baby," she said. "We just want the process to go smoothly."

Convocation Flowers will be present selling bouquets.

Significant Impact, a Toronto company, will be selling frames with a custom 24k gold medallion bearing the official seal of Conestoga College. The frames range from \$32 to \$98. A portion of each sale will be donated to the Alumni Association of Conestoga College.

Himmelman said the ceremonies take an average of 1.5 to 2 hours.

"We keep our speeches really short. It's hot, you're excited and babies are crying."

Himmelman said a brass band called Brass Ring will be playing, which she said really excites many students and participants.

"Even the most jaded student

goes 'that's for me!'"

Himmelman said there is a large alumni presence at convocation. The Alumnus of Distinction award is presented to graduates who have made community and college contributions, and have been "Ambassadors for college education."

Convocation ceremonies will be taking place at the following times:

Engineering technology, information technology, trades and apprenticeship programs and programs directly administered by Continuing Education will take place at 2:30 p.m., June 16.

Business programs will take place at 7 p.m., June 16.

Liberal studies programs, media studies, health science and educational assistant programs will attend convocation at 2:30 p.m., June 17.

Community services programs will attend at 7 p.m., June 17.

Got something to say? Do you have a beef?

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Letters to the editor must be received by Tuesday at noon for the following issue.

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Please include your full name, address and phone number.

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If it seems too good to be true, it probably is

By LESLEY LEACHMAN

Broke? Receive \$2,500 a week to shop online. Got a crappy job? Get a university degree without ever going to school. Not getting enough action in the bedroom? Get your penis enlarged 10 inches.

Just click here.

No matter how many junk e-mail filters you may have, these messages still manage to slip into your e-mail account. Most of these messages are so far-fetched that most people just hit the delete key without a second thought.

However, there is the odd message that has people wondering if they should believe what they read. In order to clear up any misconceptions, www.msn.com has released an article stating the truth on e-mail hoaxes.

One of the most common e-mail scams that people receive is a message claiming that a company, such as Microsoft, will send you money if you forward their e-mail message to everyone you know.

Don't waste your time.

According to www.msn.com, there is no way for a company to track how many times a random e-mail account forwards a message. Also, Microsoft's advertising department can promote their products faster and more efficiently than having random people for-

ward an e-mail. No company will send you money, clothing, gift certificates or any other items they might be offering for simply sending a message.

Another hoax that has people raising their eyebrows is a message claiming to be from a prince in Nigeria. The e-mail says that billions of dollars is sitting in his family's bank account, but they cannot get to it because of a military rebellion. The prince asks you, his one and only true friend, to transfer the money to your North American bank account and then on to a Swiss account. He promises to give you a couple million bucks for your trouble.

First of all, never give information about your bank account to anyone, especially over the Internet. Secondly, no prince in any country is going to trust his fortune to you.

Thirdly, if his country is in a state of chaos, what is he doing sitting in front of a computer e-mailing random people?

If you fall for this hoax, the people behind it will access your bank account and leave you with nothing.

Working from home is another common scheme. These messages offer you lots of money to do a minimum amount of work. No job interview, no references necessary. But in reality these scams will require you to purchase supplies from them in order to start this

dream job. This is how they make a profit. You, on the other hand, will receive little.

Also, don't get excited if you see a message that says you've won some fabulous prize in a contest you didn't enter. These scams will charge you a large fee to collect the prize or make you buy another expensive item before claiming your winnings.

When it comes to e-mail messages, it's best to use common sense. Never trust a message from someone you don't know. And if the ploy sounds too good to be true, then it usually is.



(Internet photo)

COUNSELLOR'S CORNER: A Good Night's Sleep

Is the exam stress and Christmas-time demands causing you to lose sleep? Having a sleep problem can affect your mood, ability to concentrate and energy level. No matter which came first, the stress or the insomnia, improving your sleep can improve your ability to cope with daily stresses.

The most common sleep problems include sleep onset insomnia (taking more than an hour to fall asleep), sleep maintenance insomnia (frequent waking and difficulty returning to sleep at night) and early morning waking. Others include hypersomnia (sleeping too much), sleep apnea (severe snoring) and restless leg syndrome (leg discomfort and jerking).

These tips may help improve your sleep:

- **Avoid over-the-counter sleeping medication.** These may help you to fall asleep, but can disrupt normal sleeping patterns and leave you sleepier during the day.
- **Maintain a standard bedtime.** Go to bed within an hour of the same time each night to avoid "jet lag."
- **Don't go to bed too early.** If you're trying to get to bed earlier, don't change your bedtime drastically. To avoid tossing and turning, go to bed a half-hour to an hour before the time you normally get to sleep, and then gradually go to bed earlier (e.g. by half an hour a week).
- **Set a standard rising time.** Help set your internal clock by resisting the temptation to sleep in on weekends.
- **Save your bedroom for sleep.** Avoid activities inconsistent with sleeping in your bed. Don't study, work, talk on the telephone or watch television in bed to help associate the bed with sleeping.
- **Create a good sleep environment.** For most people, a good sleeping temperature falls between 18°C to 21°C. Avoid noise problems by using earplugs, soundproofing the room or creating white noise with a fan.
- **Avoid napping during the day.** This can disrupt your ability to get to sleep at night.
- **Prepare for sleep.** Avoid strenuous activity, exercise, heavy meals and bright light for at least an hour before bedtime.
- **Practice breathing or distraction strategies when attempting to get to sleep.** Thinking about problems or planning for the next day does *not* help you get to sleep. To learn more about healthy lifestyle habits, talk to a counsellor in Student Services.

A message from Student Services

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Students predict winner of Stanley Cup

By JEFF HEUCHERT

It's almost that time of year again.

For so many of us hockey fans it's the most exciting few months of the year.

This Wednesday, the National Hockey League's Stanley Cup



Krafchick

Playoffs will begin, with 16 teams playing for the sport's ultimate prize.

In the Stanley Cup Playoffs anything is possible. Teams can ride an incredible winning streak if all the right players get hot, just like the Anaheim Mighty Ducks did last year.

Who will win is anyone's guess but Conestoga College students love to make their predictions.

Tim Krafchick, a second-year architecture-construction engineering technology student, says the Stanley Cup will be coming to our nation's capital because the Ottawa Senators have it all.



neering technology student, says the Stanley Cup will be coming to our nation's capital because the Ottawa Senators have it all.



Czerlau

"They have goaltending and up front scoring capabilities, bar none, any other team," he says.

Jamie Koebel, a first-year management studies student, thinks the Tampa Bay Lightning are the best team in the league and will win the Stanley Cup.

"If Nikolai Khabibulin plays well I don't think they'll be able to be beat," he says.

Hecather McCann, a second-year graphic design student, thinks the Montreal

Canadiens rock, and they'll win the cup, and not just because of their good forwards and defence-men.

"More their goaltending," she says. "And I like to go for the underdogs."

Second-year architecture-construction engineering technology student Tom Czerlau says the Detroit Red Wings are the best in the league, and now that they've figured out their goaltending situation, they'll win the cup.



Urban

"They've gone through a lot with their goaltenders, but I think Manny Legace's their man," he says. "They've got scoring power better than any other team."

First-year management studies student Gabor Urban agrees that Detroit looks like the team to beat, because they have good scoring, defence and goaltending.

"They've an all around good team, and they're in first right now," he says.



Koebel

Scott Elliott, a second-year architecture-construction engineering technology student, thinks the Toronto Maple Leafs are due for a Stanley Cup victory.

"They're a solid team all around and McCann they've got a lot more depth than last year," he says.

As you can see, there's quite the mix of predictions here at the college. It's going to be fun watching to find out who was right, and who was wrong.



McCann

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Leafs vs. Wings ... dare to dream

By JASON SMITH

It's the dream of many hockey fans across southern Ontario.

No, I'm not just talking about seeing your favourite team in the 2004 NHL playoffs. I'm not even talking about the pride and excitement of watching your team, your heroes and your idols skate on to their home ice in the Stanley Cup Finals. This isn't even about wiping the tears from your eyes and pumping your fist in the air as your team's captain receives the Stanley Cup from NHL commissioner Gary Bettman.

But you're on the right track.

It's the showdown of the century. The series that will decide it all. The one defining moment that can make and break careers. One team will walk away with Lord Stanley's Holy Grail raised proudly and the other will walk away with ... well ... nothing.

It's the Stanley Cup Finals. The Detroit Red Wings versus the Toronto Maple Leafs?

No, it's not a typo. For years, hockey fans in Ontario seem to be split into two factions — those who live and die with the blue and white, and those who proudly support the red and white winged wheel of Hockeytown.

And for just as long, those same fans have longed for the days of old. The classic match-up. The confrontation everyone wants to see. Detroit and Toronto going head to head in the 2004 Stanley Cup Finals.

But is it possible? Could it actually happen?

As I peer into my crystal ball, I'm reminded of the predictions I made at the start of the season. In those predictions I spoke about the possible finals but said it was a far cry from reality. However, as we strap on our seatbelts and get ready for that unique playoff ride, the possibility becomes more and more real with every passing day.

The Wings and Leafs are both sitting in good positions as the playoffs stare them in the face. Both teams were among the league's best through the regular season and have one common goal in mind: winning 16 playoff games on their way to raising the silver cup awaiting them at the end of the road.

Many hockey fans and analysts alike have questioned whether or not the Leafs have what it takes to be a serious playoff contender. But you cannot argue with success. As much as it may hurt to say, 2004 just might be the year of

the blue and white. A trip to the Stanley Cup finals surely is not out of their grasp.

With Alex Mogilny back in the lineup and the acquisition of Brian Leetch, Ron Francis, Calle Johansson and Chad Kilger all at or near the trade deadline, the Leafs are posed to make a serious run at the Cup and are a threat to every team that stands in their way. Captain Mats Sundin has been waiting for his chance to lead Toronto to the promised land and this may be his greatest opportunity.

The only question mark on the Leafs roster is the backbone of their entire team, netminder Ed Belfour. That question mark is a very serious concern, as Belfour needs to be in top form if the Leafs are to have any shot at making it past the first round, let alone to the finals. But first, Toronto needs to make sure Belfour will be able to step on the ice before they worry about his play. He has been hampered with nagging injuries, and many hockey experts are wondering whether he'll be able to last in the post-season.

But let's not forget that Belfour has played under pressure — and injuries — in the post-season before, and he battled all the way, leading his former club, the Dallas Stars, to the Stanley Cup finals and a championship ring.

He'll need a repeat performance for the Leafs to have the slightest chance at bringing home the championship that has eluded them for so many years.

On the flip side of the coin, the Wings find themselves in what

has become a very comfortable spot for them over the last decade — at the top of the NHL. As always, Motown's heroes are poised for a run at Lord Stanley's Cup and don't plan on turning back any time soon.

With the amazing leadership and guidance of captain Steve Yzerman, the Wings may have the most impressive roster the franchise has been privy to since the Detroit dynasty began back in 1997.

The emergence of youngster Pavel Datsyuk as one of the league's top players and leading scorers is a important key to the Wings' success. Add sniper Robert Lang, who was acquired prior to the trading deadline, proven goal scorer Ray Whitney, and Red Wing red lighters Brendan Shanahan and Brett Hull, and goalies everywhere will be shuttering in their skates come playoff time. And then there's the

Wings defence core. Their names speak for themselves. Nicklas Lidstrom, Mathieu Schneider, Chris Chelios, Derian Hatcher, Jiri Fischer, Jason Woolley, Mathieu Dandenault and Jamie Rivers. Throw in the grit of Darren McCarty, Kris Draper, Kirk Maltby, Steve Thomas, Henrik Zetterberg, Tomas



Holmstrom and more, and it seems as if yet another championship may not be far from the Wings' grasp.

Just like the Leafs, the Wings' only concern is the most important key to playoff success — between the pipes.

Gone is the controversy of Dominik Hasek and a new battle has emerged for the top spot between proven veteran Curtis Joseph and the young, talented and often underused back-up netminder Manny Legace. Many experts assume Joseph will get the

nod come playoff time, and he has definitely earned it, but Legace has also definitely earned the winged wheel on his chest and the right to be the last line of defence for his team.

If either team wants to make their presence known this year, they have to ensure there will be no problems in the goal crease and turn up the heat a few notches every time the puck is dropped.

But if all the chips fall into place, we could all be witnessing one of the greatest Stanley Cup Finals of all time.

As the 2004 playoffs begin to amaze and entertain hockey fans everywhere, you can rest assured the fun has just begun.

So sleep tight, keep rooting for your heroes and maybe, just maybe we'll all get that special early Christmas present we've wanted for years.

Wings. Leafs. Stanley Cup Finals.

So it's wishful thinking. But hey ... stranger things have happened.

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